

News Briefs

Active-duty orders

Civilian employees ordered to active-duty status are required to provide a copy of active-duty orders to the civilian personnel flight so that a request for personnel action may be initiated for leave without pay and options concerning employee benefits and entitlements may be discussed. Orders should be dropped off at Room 254 of Building 926. For questions or more information, call Ext. 2636.

SGLI automatic increase

On Sept. 1, Servicemembers' Group Life Insurance will automatically increase to \$400,000 with a premium cost of \$26. People have the option of declining or reducing that amount. Those retiring after Sept. 1 who have already signed the work-copy of their DD Form 214 should call Robert Sims at Ext. 2596.

People who do not contact that military personnel flight customer service section and sign SGLV 8286, Servicemembers' Group Life Insurance Election and Certificate, to either decline or reduce the amount will automatically be enrolled for \$400,000 coverage. For more information, call Master Sgt. Tonya Noble at Ext. 2624.

Pool party

A pool party kickoff for the base chapel's Pioneer Clubs program is from 7:30 to 10:30 p.m. Saturday at Independence Pool. Families are encouraged to bring a dessert to share. For more information, call Ext. 2500.

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BLAZE TEAM family member rallies support for deployed Airmen.

Columbus Air Force Base, Miss.

Aug. 26, 2005

Headed for the AOR



Senior Airman Darnell Strausheim receives well wishes from Assistant Fire Chief Rick Songer Saturday outside of the Columbus AFB fire station. Fourteen firefighters from the 14th Civil Engineer Squadron left Saturday morning to attend a two-week Army Combat Skills Training course at Fort Benning, Ga. When their training is complete, they will be flown overseas for more training before beginning a 120-day deployment in support of Operation Iraqi Freedom.

CAFB celebrates 58th AF birthday

Airman 1st Class Cecilia Rodriguez
14th Flying Training Wing

All BLAZE TEAM members are invited to commemorate the Air Force's 58th birthday at the Air Force Ball Sept. 17 at the Trotter Convention Center in downtown Columbus. The event is themed "Proud Heritage ... BLAZEing Future." Social hour will begin at 6 p.m. and dinner will be served at 7 p.m. The

menu is includes a gourmet catfish fillet or chicken. Gen. Norton Schwartz, slated to take command of U.S. Transportation Command, will be the distinguished speaker, and entertainment will be provided by the Air Force Reserve Band of the South. Cost is \$30 per person. "Through community and wing support, over \$4,000 has been raised to date to swing in this birthday bash with style and class," said Maj. Keith Kenne, 14th Contracting Squadron command-

er and Air Force Ball fundraising chairman. "The Air Force Ball committee has raised enough funds to assist any person desiring to attend the ball but finds the cost of the tickets an obstacle. Those desiring ticket assistance should contact a first sergeant, as funds are not unlimited." The dress code is mess dress for military members; enlisted Airmen may also wear the semi-formal uniform.

See BIRTHDAY, Page 3

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-07)	2.88 days	0.07 days	Sept. 2	48th (05-14)	5.01 days	2.92 days	Sept. 9	T-37	2,235	2,588	28,152
41st (06-08)	2.73 days	2.87 days	Sept. 27	50th (05-14)	1.63 days	3.60 days	Sept. 9	T-38C	977	974	13,174
								T-1A	890	956	12,180

Graduation speaker: Lt. Gen. Bruce Wright, 5th Air Force commander

AFPC notifies Airmen of criminal activity exposing personal info

RANDOLPH AFB, Texas — The Air Force is notifying more than 33,000 Airmen that a security breach has occurred in the online Assignment Management System.

The notification comes after Air Force Personnel Center officials here alerted Air Force and federal investigators to unusually high activity on a single user's AMS account in June.

AMS, an online program used for assignment preferences and career management, contains career information on officers and enlisted Airmen, as well as some personal information such as birth dates and Social Security numbers, said Col. Lee Hall, director of assignments at AFPC. It does not contain personal addresses, phone numbers or specific information about family members.

A malicious user accessed about half of the officer force's individual information, while only a handful of noncommissioned officers were affected, said Lt. Col. John Clarke, AFPC's deputy director of per-

sonnel data systems. The individual used a legitimate user's login information to access and/or download Airmen's personal information.

"We notified Airmen as quickly as we could while still following criminal investigation procedures with the (Office of Special Investigations)," said Maj. Gen. Anthony F. Przybyslawski, AFPC commander. "Protecting Airmen's personal information is something we take very seriously, and we are doing everything we can to catch and prosecute those responsible under the law.

"We notified the individuals involved, outlining what happened and how they can best insulate themselves from this potential risk," the general said. "We've taken steps to increase our system security. We're working with all Air Force agencies to identify vulnerabilities. We must keep our data protected."

In the meantime, AFPC officials said officers may login to the virtual military personnel flight at www.afpc.randolph.af

mil/vs/ to see if their information was viewed. If it was, they will receive a pop-up banner after login which will provide additional information.

The small number of enlisted Airmen who have had their information viewed will be contacted directly. Airmen may also go online to www.afpc.randolph.af.mil and click on "AMS Information" to determine if their personal information was viewed.

Officials also said Airmen may decide to follow Federal Trade Commission guidelines for dealing with identity theft at www.consumer.gov/idtheft/index.html.

Under the Fair Credit Reporting Act, beginning Sept. 1, everyone is entitled to one free credit check annually. To request this free report, visit www.annualcreditreport.com/.

Any Airman who believes he or she has become a victim of identity theft should contact the local base OSI and legal office. (Courtesy of Air Force Personnel Center Public Affairs)

Thunderbirds continue their season after mishap at Chicago air show

NELLIS AFB, Nev. -- The U.S. Air Force Thunderbirds are continuing their show schedule after reviewing their procedures following a mishap Saturday at the Chicago Air and Water Show when two aircraft touched in flight.

During one of the maneuvers, two of the team's F-16 Fighting Falcons touched wingtips.

The show was halted following the incident. Both aircraft landed safely.

"Safety is paramount in everything we do," said Lt. Col. Mike Chandler, team commander. "After our incident Saturday we reviewed our procedures and will continue the season this weekend in Westfield, Mass."

The Thunderbirds will continue their weekly practices Tuesday over the ranges near Creech Air Force Base, Nev. Following the practices the team will deploy on a two-week trip Thursday to perform at shows in Westfield, Mass; Atlantic City, N.J., and Cleveland.

"Every maneuver we do during our demonstration is designed and executed with safety as our first priority," Colonel Chandler said. "After taking a deeper look at our flying procedures, I have the utmost confidence in our safety for the crowd, our pilots and planes. Since we're satisfied with our procedures, we'll continue our season." (Courtesy of Air Force Print News Service)



Frederick Lewis
14th Logistics Readiness Division



The 14th Flying Training Wing thanks Mr. Lewis for his outstanding work ethics as an Individual Equipment Specialist. He continually provides exemplary customer service to all incoming Columbus AFB student pilots.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 47 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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Force Shaping Phase II evolves for officer corps

Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON — The Air Force's officer corps is overmanned by about 4,000 Airmen.

In fiscal 2005, the Air Force's voluntary force shaping initiatives successfully reduced the size of the active duty population to its congressionally authorized level of 359,000.

However, the fiscal 2006 budget trims the Air Force down to 357,400 Airmen. The new population target shows the Air Force will have an overage of officers.

"The Air Force is still experiencing a surplus in officers, particularly in the junior grades," said Brig. Gen. Glenn F. Spears, Air Force director of force management policy. "We will continue our force shaping efforts until the proper balance and skill mixture is achieved."

The general said that if the situation were left unresolved, these additional officers would constrain the service's readiness and operational effectiveness.

Air Force officials recently announced the next force shaping Phase II evolution to address the officer surplus, waiving recoupment of unearned portions of some bonuses and education costs.

"Some of the Air Force programs where recoupment is not pursued include transfers to the Guard or Reserve via Palace Chase, Limited Active Duty Service Commitment waivers, ROTC cadet disenrollment and interservice transfers to the Army via Blue-to-Green," the general said.

Eligibility criteria differs among the programs and interested officers are encouraged to consult information presented at the Air Force Personnel Center Force Shaping Web site at www.afpc.randolph.af.mil/retsep/shape2.htm or their local military personnel flight.

"By further expanding the voluntary force shaping opportunities, the Air Force will continue to shape the force for future operational challenges," General Spears said. "These recoupment-related initiatives offer additional means for those officers who were considering leaving active duty, but did not want to owe the government."

DUI status

"Don't Drink and Drive"
Last DUI: June 10, 2005
Days since last DUI: 71
Unit: 14th Civil Engineer Squadron



Nature Trails

toward SAC Lake offer direction to the beginning of the trails. For more information, call Sarah Fafinski at Ext. 7958.

Heart Link supports CAFB supporters

Airman Alyssa Wallace
14th Flying Training Wing

The family support center welcomed 20 military spouses to its quarterly Heart Link seminar Monday.

During the orientation, the spouses learned about on- and off -base resources, Air Force protocol, benefits and local conditions.

"Our Heart Link is unique from other bases," said Lee Chouinard, program coordinator. "Not only do we use the program to give information to spouses new to the military lifestyle, but we also use it as a 'welcome' to the base for any military spouse."

Air Education and Training Command implemented the Heart Link program here in November 2002. The program was developed to help ctive-duty military spouses of all branches transition to the military lifestyle.

The seminar began with an introduction to Heart Link and a 14th Flying Training Wing mission brief. Then, representatives of different base agencies spoke of what their



Airman Alyssa Wallace

Spouses not only received information about the Air Force lifestyle, but also enjoyed interactive games during the Heart Link orientation Monday.

agencies have to offer. Spouses enjoyed interactive games and received a copy of "Spouse 101", a handbook that teaches basic Air Force information and fundamentals. Free child-care was provided and door prizes were distributed.

"We try to make it upbeat, fun and very casual," Ms. Chouinard said.

At the end of the seminar, the

most pledges will receive a prize.

If players choose to solicit pledges, cost is 50 cents per game with a minimum of three games per person, plus shoe rental. Columbus Club card holders will receive free shoe rental. Bowlers can also sign up to participate the day of the tournament for a minimum donation of \$10.

The 14th Security Forces Squadron will sponsor a Jail-and-Bail fundraiser Sept. 2 in support of the ball.

Unit representatives will distribute sign-up rosters and people can make donations in exchange for the "arrest" of a coworker or fellow BLAZE TEAM member.

Once security forces has made contact with the arrestee, people have the option of paying the "bond," which is contribution equal to or great than the original donation. If they cannot pay the fee, they will be escorted to "jail," where they can try to make contact with friends, family and coworkers to raise their bail money.

Participation is strictly voluntary. However, the original donation made to "arrest" individuals is non-refundable.

"The [Air Force Ball] is planned for 360 attendees," Major Kenne said. "However, that number can expand as large as 450 if more tickets are desired."

Tickets must be paid for in advance. Cash or check is accepted, and checks should be made out to the Air Force Ball committee. For tickets or more information, contact a first sergeant.

RSVP: Respect the Spiritual Values of all People

Lt. Col. Joseph Vu
14th Flying Training Wing



The Columbus AFB chaplains are committed to practicing sensitivity of your religious beliefs and spiritual needs, and advise everyone to do the same.

The military environment supports the constitutional rights of free exercise of religion for everyone. The freedom of expression can cause problems.

Sometimes, people with overly aggressive expressions of their faith make comments or remarks that appear to be insensitive to other's faiths and beliefs. There is a time and place for such expression, such as in his or her religious arena; but not in public.

I, however, do not recommend people to do such things in public or in private.

Such action reflects intolerance and insensitivity of other people's religious backgrounds.

Others may be offended by your words and actions because you aren't familiar with their beliefs, but this is why we must be sensitive to everyone's religious and spiritual value.

One spiritual reading provides the following example: God visited a prison one day and began to interview the inmates. Prisoner after prisoner insisted that he was innocent, that he had been framed and a terrible injustice had been done.

God asked the last prisoner, "And are you, too, as innocent as a lamb?"

"No, Your Majesty, I'm a thief," he said. "I was caught, fairly tried and sentenced."

"You admit that you're a thief?" God

asked the thief in surprise.

"Yes, Your Majesty," the prisoner replied.

God said, "Throw this crook out of here!"

The thief was promptly ejected. The other prisoners raised a fearful clamor. "Your Majesty, how can you do such a thing?" they said. "How can you free a confessed criminal while we ..."

"I was afraid that that wicked scoundrel would corrupt all you innocent souls," God replied.

Whenever you believe someone has made disparaging remarks that are offensive to your faith or beliefs, please do not take the matter into your own hands. Report the incident to the wing chaplain or the Military Equal Opportunity office immediately. Swift actions will be taken.

The same will be done if you see religious pamphlets or tracks placed in your work area. Religious slurs, disparaging

remarks and the display of material that is offensive to other people's religions or beliefs is intolerable.

The Chaplain Service Team proudly informs the community of its Religious Advisory Council, whose members represent a wide variety of all listed religious preferences in our current roster of assigned personnel at Columbus AFB.

The RAC mission is to promote a religiously and spiritually healthy environment for the Columbus AFB community, improve troop morale and quality of life, and enhance Team BLAZE's mission effectiveness.

The council meets quarterly and is a forum for sharing the importance of one's personal faith and beliefs. The council will do all it can to educate the community on religious and spiritual sensitivity of all religions and faith groups. Call the chapel at Ext. 2500 for the next scheduled meeting.

Straight Talk Line

Cardinal Inn Dining facility closure

Question: Why is the Cardinal Inn Dining Facility closing (as of September 30th)?

Answer: The decision to close the Cardinal Inn Dining Facility was driven by economics and meal card holder usage. The dining facility's sole purpose is to provide meals for our Airmen who are on meal cards. Presently, we have 81 Airmen on meal cards. The Airmen are provided meal cards in lieu of receiving Basic Allowance for Subsistence, i.e. they get their meals at the dining facility rather than money in their pay checks to pay for food elsewhere. The total cost for keeping the dining facility open per year is approximately \$868,000. The cost for putting all the meal card holders on BAS is about \$317,000 per year, thus saving Columbus AFB \$551,000 — a significant amount of money that could be used elsewhere. One might argue that it should not just be about money; we should also take into consideration the card holders' quality of life. We looked very hard at this and the reality is our meal card holders only use the dining facility for 41 percent of their meals; the other 59 percent is paid for out of their own pockets. In short, keeping the facility open does not make sense for the Air Force or our Airmen.

Col. Stephen Wilson
14th Flying Training Wing commander

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential.

Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

CAFB nears the end of its summer safety campaign

Kenneth Murray
14th Flying Training Wing

The upcoming Labor Day weekend marks the end of Operation Summer Survivor: Xtreme Challenge. As you read this article, I ask you to examine your own activities this past summer and critique how well you have survived.

Was it good planning and decision making, or just dumb luck? I applaud every one of you for making this critical time "fatality free" for our Columbus AFB family.

However; this cannot be said for the rest of the Air Force family, which has been sorrowed by the needless loss of 26 of its members as of Aug. 17.

This loss surpasses the 21 lives lost in 2004, or the 25 lives lost in 2003. The only apparent improvement in these stats is that alcohol involvement is down significantly over past years.

At Columbus AFB, we have experienced a 66-percent

decrease in reportable mishaps this summer when compared to last year's numbers.

Now is not the time to lose focus on our goal. We still have a big hurdle ahead of us during Labor Day weekend, which will mark the end of this safety campaign for another year.

Commanders and supervisors have expressed the need for good decision making during the campaign. You need to think about the tasks at hand, consider the associated risk and adapt the plan to eliminate or reduce the risk to an acceptable level. This is the basis of a sound personal risk management program. The process should be simple; just ask yourself, "What if 'this' or 'that' should happen?"

One simple task has proven to increase your likelihood of sur-

viving a car mishap — bucking up! Recent seat-belt checks have shown a slight decrease in their use on Columbus AFB roads.

We hope this was just an anomaly and everyone understands the importance of buckling up each time you get in a car. Simple things can make the difference in your survival on our roads in and around the Golden Triangle Area.

The lessons observed from recent Air Force fatalities this year are the same we've seen in the past. If those Airmen had applied the old axioms "Think before you act," "Don't drink and drive" and "Wear your seat-belts/helmets," many of them would still be showing up for work or at the dinner table with their families. Think safety when planning the upcoming well-deserved weekend!

"Now is not the time to lose focus on our goal. We still have a big hurdle ahead of us during Labor Day weekend ..."

Kool-Aid & kind hearts

CAFB family member rallies support for deployed troops

Airman 1st Class Cecilia Rodriguez
14th Flying Training Wing

Rainbow-colored sugar water and Mississippi’s scorching summer heat helped one 11-year-old girl touch the lives of deployed troops from Columbus AFB.

For four months, Katie Douglas traveled to the park down the street from her house with her wagon, Kool-Aid, and seven-year-old sister Sarah in tow – who helped run back and forth from their house with pitchers and ice.

Katie accepted 25-cent donations in exchange for refreshments to raise money for a care package for BLAZE TEAM members serving overseas.

“We were wondering if she was going to follow through all the way because we knew the kind of commitment it was going to take to sell Kool-Aid at a quarter a cup and be able to raise enough money to send something substantial to the troops,” said her father, Maj. Mark Douglas. “But she was out there ... in the heat, daytime, evening ... whenever people were out at the park, she was there.”

When asked why she decided to undertake such a project, Katie’s answer was simple.

“They’re out there protecting me, and I felt like I should do something for them,” she said of the deployed service-members. “I feel like they’re brave, and I

respect them because they really love their country.”

“I’m very proud of her,” said her mother, Julie Douglas. “She put every cent of the money toward the care package and never complained about it. She never wished it was hers; she was just very unselfish about the whole thing.”

Thanks to Katie’s dedication, she collected about \$50 by the end of her summer break.

“I only asked for 25 cents per cup, but a lot of people made some pretty generous donations,” Katie said. “I think they should know that I’m grateful for their help.”

The money was used to buy baking ingredients; and with Katie and Sarah’s help, Mrs. Douglas created a variety of homemade goodies for deployed troops from the 14th Security Forces Squadron.

“That’s just the coolest thing I’ve heard about in a long time,” Capt. Shannon Smith said of Katie’s efforts.

Captain Smith, 14th SFS commander, acknowledged her selflessness at a squadron commander’s call Wednesday afternoon.

“I have a four year old daughter, and I hope when my daughter’s your age, she has a little bit of what you have when it comes to thinking about other people first,” Captain Smith told Katie. “The guys in security forces are the most deployed in the wing. They spend a lot



Airman 1st Class Cecilia Rodriguez

Capt. Shannon Smith, 14th Security Forces Squadron, presented Katie Douglas with a squadron commander’s coin for her selfless efforts. Katie sold Kool-Aid throughout the summer to raise money for a care package for deployed troops from Columbus AFB.

of time over there in the desert; and those who have ‘been there, done that’ will tell you in a heartbeat that getting fresh baked cookies in the mail really means a lot.”

As a token of appreciation, the captain presented Katie with a thank-you card

and squadron commander’s coin.

“You have to do something really good to get [a coin],” Captain Smith told her. “This is a coin that I reserve only for the people I think are doing the absolute most to make our squadron better. I think what you’ve done is just awesome.”

Like father, like son...

Jamie Haig
16th Special Operations Wing

HURLBURT FIELD, Fla. —

When Master Sgt. Jeffrey Porter left the 321st Special Tactics Squadron at Royal Air Force Mildenhall, England, he did not realize he would be stationed with his son.

Now, as a radio maintainer with the 720th Operations Support Squadron here, he could not be happier.

“It’s like a dream come true,” Sergeant Porter said. “To convince my son to join the Air Force is one thing, but to leave Mildenhall and a year-and-a-half

later have him join me at Hurlburt Field — now that’s awesome.”

Senior Airman Jeffrey Porter, a gunner with the 20th Special Operations Squadron, also thinks it is great.

“I grew up around the military and the Air Force. It was only natural,” Airman Porter said.

Sergeant Porter will retire Nov. 1, and Airman Porter enters the special tactics pipeline Sept. 2.

“Going through the pipeline is what I’ve wanted to do, and I feel I can make it,” Airman Porter said. “Starting out as a gunner was just a step toward what I really want to do, which is to be a combat controller.”

Sergeant Porter said he is

happy he will be retired when his son makes it through the 18-month pipeline.

The biggest event for both men came at a deployed location. They were at different locations, but within several hundred miles of each other.

Through their chains of command, they were able to schedule a visit for a few hours.

“We were able to be together for a short time, and I was able to witness my son’s re-enlistment,” Sergeant Porter said. “It was an event of a lifetime.”

“To re-enlist in a deployed location and have my father present to witness it was the highlight of my career,” Airman Porter said.

Club membership drive to begin Sept. 1

Pam Wickham
14th Services Division

Twelve club members could win a \$1,000 credit on their club cards during the “Grand Giveaway” club membership drive Sept. 1 through Nov. 30.

The campaign kicks off with a cookout at the fitness center from 4 to 6 p.m. Thursday. Members who attend will receive a free hot dog, chips and choice of soda or bottled water. Nonmembers who attend and join will also receive a free meal, as well as a coupon for a complimentary lunch at the Columbus Club and a \$10 certificate to be used at the club.

Active-duty military, reserve, civilians and retirees are eligible for club membership.

Those who join during “The Grand Giveaway” and you can enjoy the following benefits:

- Two-percent back on all purchases made at 14th

Services Division activities and the commissary.

- One-percent cash back everywhere else they shop.
- Double cash back on all purchases made between January and March 2006 -- up to four-percent cash back.
- Zero-percent interest for 12 months on purchases and balance transfers with a low on-going rate.

- A chance to win a \$1,000 account credit

Nonmembers who join the club between Sept. 1 and Nov. 30, who were not members anytime from June 1 through Aug. 31 will be entered into Air Education and Training Command’s drawing for six \$1,000 credits to new member accounts.

People who are members of the club as of Aug. 31, 2005 will automatically be entered into the drawing with no action required for entry.

Each prize winner will receive a \$1,000 “credit” to his or her club membership card account and can spend the credit balance up to his or her respective credit limit.

Winners will be selected at the Air Force Services Agency after Jan. 3, 2006 and notified by Jan. 30, 2006.

During Retiree Appreciation Day Sept. 17, retired club members receive five additional entries into the prize drawings from the information, ticket and travel office. Entry forms will be available at the Columbus Club during the morning sessions through lunch and at the base exchange that afternoon.

Current members, groups and organizations can win cash for telling others about the benefits of being a club member and signing them up. Turn in 25 new member applications for \$250, 50 applications for \$500 and 100 applications for \$1,000. Applications must be clearly marked with the group’s name and turned in to the 14th Services Division Marketing Office, located in Building 335 between Sept. 1 and Nov. 30.

For questions or applications, call Pam Wickham at Ext. 2337 or Fred McKenney at Ext. 2802.

Recreation opportunities available to BLAZE TEAM

Story time readers needed: The base library needs volunteers for its story time program for preschool-aged children. The 30-minute program begins in September and is offered every Wednesday at 10 a.m. To volunteer, call the library at Ext. 2934.

Auto hobby shop new hours: Effective Thursday, the new hours of operation for the auto hobby shop are: 10 a.m. to 8 p.m. Tuesday, 9 a.m. to 5 p.m. Wednesday and Saturday, and the shop is closed Sunday and Monday. Call Ext. 7842.

Bowling center specials: For \$5, patrons can take in two games of bowling, receive free shoe rental and their choice of a cheeseburger or hot dog, fries and regular drink from 11 a.m. to 1 p.m. Monday through Friday.

Now through Labor Day, people can bowl for \$1 per game with 50 cent shoe rental.

The pro shop offers its red, white and blue single-ball bowling bag for \$17 or two for \$30 while supplies last. Call Ext. 2426.

All-you-can-eat lunch buffet: The Columbus Club offers an all-you-can-eat lunch buffet from 11 a.m. to 1 p.m. Tuesday through Friday. Cost is \$4.95 during August. The a la carte menu is also available with a new 12-minute guarantee. Patrons order their lunch and if its not ready in 12-minutes, their next lunch is free. Call Ext. 2490.

Boss and buddy night: The Columbus Club offers an all-ranks boss and buddy night from 5 to 8:30 p.m. Thursdays in the Landing Lounge. A free taco bar is available

for club members, and nonmembers pay \$2.95. Beverage specials are also available. Call Ext. 2490.

Pro football trips: The information, ticket and travel office offers several trips to New Orleans, La. to watch the Saints compete. Cost for a single-night trip is \$115 per person and includes transportation, double occupancy lodging and a ticket to the game. Single night trips are Oct. 1, Oct. 29, Dec. 3 and Dec. 23.

Two-night trips are Sept. 16 to Sept. 18, Oct. 14 to Oct. 16, Nov. 4 to Nov. 6 and Dec. 16 to Dec. 18. Cost is \$175 per person and includes transportation, double occupancy lodging and a ticket to the game. Call Ext. 7861.

White water rafting trip: The information, ticket and travel office offers a trip to Ocoee, Tenn., to ride the white water rapids Sept. 10 through Sept. 12. Cost is \$105 per person for club members and \$120 for nonmembers. Cost includes a half-river trip, transportation, two nights lodging and three meals. Call Ext. 7861.

Jimmy Buffett party: The bowling center offers a Jimmy Buffett night starting at 7 p.m. Sept. 10. Cheeseburgers will be \$1 and beverage specials are available throughout the night. Call Ext. 2426.

Super Sunday bingo: The Columbus Club offers a \$10,000 maximum payout bingo program starting at 2:30 p.m. Sept. 25. Club members may purchase a bingo voucher worth \$60 for just \$50 from Sept. 1 until Sept. 22 at various services

locations. Nonmembers may play but must pay a \$10 entry fee. Call Ext. 2490.

Spelunking adventure: Register at outdoor recreation for this spelunking trip Oct. 8 and Oct. 9. Cost is \$75 per person and includes transportation, cave camping and breakfast. Call Ext. 7861.

Veterinary clinic hours: The veterinary

clinic is open from noon to 5 p.m. Wednesdays for pick-up and drop off of records and to purchase monthly pet supplies. Call Ext. 2281.

Summer reading program: The base library summer reading program meets every Wednesday from 1 to 2 p.m. and is open to children in first through sixth grades. Call Ext 2934.



Staff Sgt. Holly Reid

Senior Airman Jeffrey Porter shows his father, Master Sgt. Jeffrey Porter, how a .50 caliber machine gun works.



Pam Wickham

Lily Ivy, 14th Mission Support Group, purchases a burrito from Wilma Morgan, 14th Services Division. The “Burrito Bandito” delivery service is available Monday through Friday. The delivery schedule is from 6:30 to 6:45 a.m. and 7:30 to 7:45 a.m. in front of Phillips Auditorium; 6:50 to 7:05 a.m. at the 50th Flying Training Squadron; 7:10 to 7:25 a.m. at the 14th Operations Support Squadron; 7:50 to 8:05 a.m. at the 14th Services Division and 14th Civil Engineer Squadron complex; and from 8:10 to 8:25 a.m. at the front entrance of the personnel center. Burritos are \$1 each. Milk, juice, bottled water and donuts are also available. Call Ext. 2426

Chapel Schedule

Catholic

Sunday:
9:15 a.m. — Mass
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

Sunday:
9 a.m. — Adult and children’s
Sunday School
10:45 a.m. — Contemporary/
Traditional
combined service
Wednesday:
9:30 a.m. — Ladies Bible study
11:30 a.m. — Lunchtime study
5 p.m. — Pot luck supper and
6 p.m. — Video study
A Case for Kiss
Pioneer Clubs

Religious studies

“Living by the Word,” a workbook-based course by Howard Hendricks on how to study the Bible inductively, is from 7 to 8:30 p.m. Monday at the base Chapel annex beginning Sept. 12. All are welcome to attend this Bible study fellowship sponsored by the Officers’ Christian Fellowship. For more information, call Maj. Kenneth Crane at Ext. 2000.

Base Notes

COSC social

A Columbus Officers’ Spouses’ Club “Night Full of Mysteries” social is at 6 p.m. Sept. 13 at the Columbus Club. The menu is sliced rosemary pork loin and

cost is \$12. Columbus Club members receive a \$2 discount. New members are always welcome. For reservations, contact Jennifer Wood at woodtjjg@ cableone.net or 425-6059 by noon Sept. 8.

Case lot sale

A commissary case lot sale is from 9 a.m. to 4 p.m. Sept. 16 and Sept. 17 outside behind the store. For more information, call Ext. 7109.

Thrift Shop

The Thrift Shop, located at Building 345, C Street, is open from 3 to 6 p.m. Tuesdays and from 9 a.m. to 1 p.m. Thursdays. Consignments are accepted until one hour from closing. Volunteers are needed. Any amount of time is appreciated. For more information, call 434-2954.

Student Spouse Group

Past, present and futue student spouses are invited to a Student Spouse Group social from 10 a.m. to noon Sept. 20 at Beans and Cream at Brickerton Square. Cost is \$5 per person and guest presenter Brandi Diaz will lead a Stampin’ Up workshop. The group is part of the Columbus Officers’ Spouses’ Club and provides spouses an opportunity to meet new people and build resources. For more information or to sign up, contact Vanessa Hedlund at 352-1159 or vanessypooh@hotmail.com by Sept. 15.

MPF hours of operation

As a reminder, the military personnel flight is closed every Thursday from noon to 4:30 p.m. Hours of operation are from 8:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday, and 8:30 a.m. to noon Thursday. For emergency services Thursday afternoons,

have your squadron commander or first sergeant contact Maj. Craig Peltz at Ext. 2611 or Senior Master Sgt. Cristi Bowes at Ext. 2643.

Speed dial saves lives

BLAZE TEAM members can reach 14th Flying Training Wing emergency responders by dialing 9-1-1 from any base phone, including those in military family housing. However, 9-1-1 calls from cellular phones will connect to off-base operators. To access wing emergency services from a cell phone, dial 434-8881 or 434-8882. People are encouraged to program this number into their cell phones for ready access.

Trash cans

Trash pick-up is on Mondays for Capitol Housing residents and on Thursdays for Magnolia and State Village residents. Residents with trash or recycling receptacles left curb-side later than noon the following day can be ticketed by the housing office.

Family Support Center

(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support center.

Sponsorship training

A workshop designed for all unit intro-

duction monitors is at 9 a.m. Tuesday. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Job fair tips

A workshop with tips on how to present a professional image at a job fair is from 9 to 10 a.m. Sept. 7.

Relocating

A workshop discussing programs and resources available to families relocating to another base or country is from 11 a.m. to noon Sept. 8.

TAP workshop

A transition assistance workshop for personnel who are within one year of retirement or separation from the military is from 7:30 a.m. to 4:30 p.m. Sept. 13 through Sept. 15. To sign up, call Ext. 2839.

Air Force Aid Society

The Air Force Aid Society offers 24-hour emergency assistance. Possible aid includes interest-free loans, grants, car repairs and emergency travel. For more information about the organization, call the family support center.

Deployment briefing

Military personnel going remote or being deployed must attend a mandatory briefing held daily at 9 a.m at the family support center.

Personal financial analysis

Individual financial counseling and a financial analysis are available for those planning to make a major financial decision, purchase a home or vehicle, or make a lifestyle change.

Tennessee Williams Tribute: The Tennessee Williams Tribute and Tour of Victorian Homes is Sept. 8 through Sept. 11. The event begins with a welcome for out-of-town scholars and visitors at the home of Dr. and Mrs. Jack White. Dakin Williams, brother of the two-time Pulitzer Prize winning playwright Thomas Lanier “Tennessee” Williams, will be the guest of honor.

The four-day tribute includes breakfasts, lectures, a book signing, gala reception, gallery exhibit and more. Those interested in the event are encouraged to pick up a brochure at the Tennessee Williams Welcome Center to make reservations for events that require a paid ticket.

For more information or to obtain a brochure, call 328-0222 or visit the welcome center, located at 300 Main Street in downtown Columbus.

United Way Day of Fun: Kerr-McGee Corps invites everyone to the Lake Lowndes State Park Sept. 10 for the United Way Day of Fun. There will be softball, basketball and tennis tournaments along with a fishing rodeo. There will also be food, jumpers, a cake walk, and a silent auction. Events take place from 7 a.m. to 5 p.m. Tournament entries must be submitted by Sept. 2. All proceeds will benefit the United Way agencies. For more information and prices, call (662) 327-0807.

Birthday celebration: The Birmingham Zoo invites everyone to celebrate its 50th birthday Sept. 10. Train and carousel rides, moon walks, a birthday cake, ice cream and party hats are all free. General adult admission is \$11. Children admission is free (three per one adult). For more information, call (662) 879-8409 or visit www.birminghamzoo.com.

Poetry reading and book review: The Sandfield Horizon Committee holds an open-mic poetry reading and book review at 5:15 p.m. every fourth Sunday at the Sandfield Community Center. Readings begin at 5:15 p.m. and the book review begins at 6:30 p.m.

Stitches From the Heart: Stitches From the Heart seeks volunteers to knit, crochet or quilt blankets, sweaters and hats for babies in need. For more information, call Kathy Silverton at (866) 472-6903.

Host families needed: Student exchange Cultural Academic Student Exchange Inc. seeks families in the Golden Triangle area to be host families for high school foreign exchange students. Call (800) 458-8336.

For more event listings, visit www.columbus-ms.org.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees. Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week’s issue. Late ads will be held over for the next issue. Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week’s issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads. Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
Print advertisement					
Name					
Home Telephone #			Duty Telephone #		
(in case we need more information)					
Please let us know what you think of the Silver Wings:					
Are you happy with the Silver Wings? Yes <input type="checkbox"/> No <input type="checkbox"/>					
What would you like to see more of in the newspaper? News <input type="checkbox"/> Sports <input type="checkbox"/> Photos <input type="checkbox"/> Other					

AFREP

The Air Force Repair and Enhancement Program is designed to help save tax money, and aircraft and equipment downtime by writing repair procedures on maintenance parts and submitting them for approval. Parts normally thrown away are instead repaired and made functional again. For questions or more information, contact AFREP manager David Watkins at Ext. 7539 or Randy Holmes at Ext. 2462.

Movies

Today

“Bad News Bears”
(PG-13, rude behavior, language throughout, some sexuality and thematic elements, 111 min.)
Starring: Billy Bob Thornton and Greg Kinnear.

Saturday

“Charlie and the Chocoloate Factory”
(PG, quirky situations, action and mild language, 106 min.)
Starring: Johnny Depp and Freddie Highmore.

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit [www.cafb services.com](http://www.cafb.services.com).

Pace teams available to help AF Marathon runners



Airman 1st Class Cecilia Rodriguez
The 2005 Air Force Marathon will feature support from pace teams for runners like Shelli Fisher, 14th Mission Support Squadron.

Brett Turner
88th Air Base Wing

WRIGHT-PATTERSON AFB, Ohio — The Air Force Marathon will feature an incentive for participants in the Sept. 17 event. Pace teams will be available to help marathon runners in the 26.2-mile race.

Pace team members are athletes who help make sure runners do not burn out, go out too fast or run sporadically over the length. They can also lend encouragement and advice.

“This helps us make sure we are running a first-class marathon,” said Molly Loudon, Air Force Marathon director. “We’re trying to give all the help we can and having a pace team available brings us closer to being that first-class marathon.”

The pace team may also be valuable for people with goals of qualifying for big events such as the Boston Marathon, Ms. Loudon said.

There is no cost to use the pace team. Runners can sign-up at the pace team’s booth at the marathon’s Sports and Fitness Exhibition on Sept. 15 and 16 at Wright State University’s Ervin J. Nutter Center.

Pace time groups available will include 3 hours 20 minutes; 3:30; 3:40; 3:50; 4:00; 4:15; 4:30; 4:45; and 5:00. Each group will have its own pace leader.

Pace groups will assemble about 30 minutes before the race in the starting area. Pace leaders will give a briefing about what to expect.

Runners do not have to stay with a pace group throughout the entire race. Group leaders can be consulted if they think a runner would be fine outside the group.

There is no limit to the number of people who can sign up for a pace group. For more information about the event, call the fitness and sports center at Ext. 2772.

Shorts

Instructors needed

The fitness center is looking for certified a-erobics instructors. For more information about these employment opportunities, call Ext. 2773.

Three Ladies Scramble

This 18-hole scramble is scheduled for Sept. 24 at Whispering Pines Golf Course. The tournament is open to the public as well as Columbus AFB personnel. All food, prizes and golf cart fees will be included in the \$150 registration fee per three-person team. Participation is limited to the first 36 teams to register. For more information, call Ext. 7932.

Hunter education course

People born after Jan. 1, 1972, are required to complete a hunter education course before purchasing a Mississippi hunting license. Three classes will be offered from 8 a.m. to 6:30 p.m. Sept. 24 and Oct. 22 at the Columbus Police Training Facility. People must register four days in advance for these classes. For more information on this course or other courses offered in the area, contact the local district office at (662) 840-5172.

Intramural tennis season

The intramural tennis season has begun. Tennis court # 1 will be reserved every Wednesday from 6 to 9 p.m. throughout the season. For questions or more information, call Barbara Morton at Ext. 2795.

Simple exercise steps keep force fit, mission-ready

Senior Airman LuCelia Nagel
96th Air Base Wing

EGLIN AFB, Fla. — With the inception of the Air Force Fit to Fight program, Airmen had to adjust to a regular regimen of running, sit-ups, push-ups and other physical activities.

Some Airmen experienced injuries while adjusting to the new standards, resulting in a need to see a physical therapist.

“We saw a lot of knee, back and shoulder injuries at first,” said Capt. Bryan Bonzo, a 96th Surgical Operations Squadron physical therapist here who was stationed at Shaw Air Force Base, S.C., when the fitness program was introduced about two years ago.

Those injuries, he said, resulted mainly from the running portion of the new fitness program. The captain attributed the injuries to Airmen’s age and lack of physical fitness.

“The majority of the people who came in for treatment were in the 35- to 45-year-old age bracket,” Captain Bonzo said. “As people mature, their joints get stiffer, and many people suffered inflammation due to the impact of their feet against the ground. And younger folks just heal more quickly, so we don’t see them as often.”

In addition, the captain said the fitness level for many was not high because Airmen were not running as much

when the program began.

The good news is these types of injuries can be easily prevented, Captain Bonzo said. All it takes is a few simple steps.

First, he said, a warm-up should be performed before beginning an exercise. Simple things such as a five-minute brisk walk, running in place or jumping jacks will allow the muscles to warm slowly, decreasing the chance for an injury.

“A warm muscle will perform better than a cold one,” he said.

Next, people should work on their flexibility by stretching the muscles. This loosens the muscles slightly and takes the pressure off the joints.

“This allows the joints to move properly,” he said.

Regular stretching also changes tissue, making muscles longer and stronger over time.

“Sometimes it’s not about flexibility, just weak muscles,” he said.

It is important to note that the warm-up exercise should be performed before stretching, he said, because it



Airman 1st Class Cecilia Rodriguez
Rebekah Quinn, 14th Medical Support Squadron, performs warm-up stretches before working out. Physical therapists advise Airmen to stretch before and after exercise to prevent injuries caused by running and other activity.

does not help to stretch a cold muscle.

A cool-down should take place after the exercise, which lowers the intensity of the exercise to allow the heart to slow down and the muscles to calm.

The last part of injury prevention is to stretch afterward.

“People should stretch at least once a day, even if not exercising, to maintain their flexibility,” Captain Bonzo said.